

Healthy Lifestyles Help Avoid Diabetes

What is Diabetes?

Diabetes is a serious disease that can lead to major health problems if undetected. It is caused from high levels of blood glucose resulting from defects in the body's use of insulin. Insulin is a hormone needed to carry blood sugar to the muscle cells. There are two forms of diabetes.

- Type 1 usually occurs in children. The pancreas stops making insulin, and the person with diabetes will need insulin shots.
- Type 2 usually occurs in adults. The pancreas still makes insulin, but muscle cells refuse to accept it.

Good News

By following a healthy lifestyle, eating to maintain a healthy weight, and staying physically active, risks of developing Type 2 diabetes can be reduced while effects of both types of the disease can be lessened.

It's particularly important for persons with diabetes to maintain a well-balanced diet by consulting with a health professional. Nutrition planning can help regulate blood sugar, which is the result of digesting carbohydrate foods — grains, starchy foods, fruit and vegetables — and sugars. Medication may also be recommended by a doctor.

If You Have Diabetes:

- Eat healthfully and exercise regularly.
- Have an annual dilated eye exam.
- See your dentist every six months.
- Check your feet daily.
- Have a diabetes education update.
- Have an A1c test every three months to measure blood sugar control.
- Check your own blood sugar.



Food Tips for Healthy Weight:

- Plan to eat breakfast, lunch, and dinner. Plan snacks between meals that are far apart.
- Skipping meals results in actually eating more when you do eat because you get too hungry.
- Use fruits and vegetables for snacks. You should eat a combination of 5 servings of fruits and vegetables daily.
- Avoid eating to soothe emotional upheavals. Instead, take a walk or call a friend.
- Keep a food record. Identify foods that are high in fat and calories that you can stop eating. Make sure you aren't skipping any food groups.
- Cut back on portions. Learn to eat smaller amounts. Any food is okay in small amounts.
- Break the habit of eating in front of the TV. Break the habit of watching too much TV.
- Losing weight slowly is the healthy way. Stop "crash dieting."



Making Your Favorite Recipes Low Fat

Following a low fat diet does not necessarily mean tossing out your favorite recipes. A few simple changes can defat many of them.

- Identify the fat source in the recipe. Are there high fat ingredients, such as whole milk or regular cream cheese? If so, use skim or 1 percent milk and low fat or no fat cream cheese, or low fat or nonfat plain yogurt in their place.
- Try reducing the high fat ingredient. Perhaps 1 cup of regular milk can be diluted to 1/2 cup milk and 1/2 cup water.
- Expect differences in taste and texture when you reduce the fat in your recipes. But don't be afraid to experiment and have some fun with low fat cooking.

Instead of...

shortening or butter

regular salad dressing

whole milk

light or heavy cream

sour cream

cream cheese

regular cheese

whole egg

vegetable oil
(in baked goods)

ground beef

bacon

greased pan

Use...

canola or olive oil; reduce the amount (this substitution does not work well for pastry)

low fat or fat free salad dressing

skim, 1/2%, or 1% milk

evaporated skim milk

non fat yogurt, fat free sour cream or salad dressing

reduced fat cream cheese or yogurt cheese

low fat cheese containing 5 grams of fat or less per ounce; melts best if finely shredded

1/4 cup low fat egg substitute or 2 egg whites

1/2 cup applesauce or baby food prunes

lean ground beef, turkey, or chicken; cut the amount of meat required in half

turkey bacon, Canadian bacon, or grilled ham

pan sprayed with nonstick spray

Fruit Cocktail Delight

Served on lettuce for a salad or in sherbet glasses for dessert.

- 1 can (16 oz.) fruit cocktail, in light syrup or light juice
- 1 small package (0.3 oz.) sugar-free raspberry flavored gelatin
- 1 cup applesauce, unsweetened

Drain fruit cocktail and keep the juice. Add water to the juice to equal 1 cup. Bring to a boil. Dissolve gelatin in the boiling water/juice mixture. Add fruit cocktail and applesauce. Chill until set.

Servings: 6.

Per serving: Calories, 57; Fat, 0 g; Carbohydrates, 13 g.; Protein, 1 g.

Diabetic Exchange: 1 Fruit

Call for more information
about diabetes resources
in your area.



Physical Activity Tips:

- Walk more: park your car as far away as you can; use the stairs instead of the elevator. Plan walks with your friends and your children. Be sure you have comfortable, well-fitting shoes.
- Take your family on a nature hike for quality family time.
- During your favorite TV shows, do floor exercises such as stretching, leg lifts, and situps.
- Watch less TV and work on hobbies or projects.
- Rent exercise video tapes to see which ones you like the best. You may want to buy a favorite to keep on hand as an exercise option.
- Play with the kids. Toss a ball or frisbee. Jump rope. Ride a bike.
- Gardening is great exercise and a wonderful stress reliever.
- If you are completely new to exercise, check with your doctor. Start slowly.
- Find a buddy to exercise with. Friendly support will keep you motivated.
- Good News: Everyone can become more fit. You can be fit even if you are overweight.
- Walk one mile; burn 100 calories.

Low Fat Healthy Family Snacks:

- Add 1/2 cup cut fruit to one 8 oz. carton of non fat yogurt. Sprinkle with a spoon of cereal.
- One stick of string cheese and 4 crackers.
- An apple with one ounce of low-fat pretzels.
- Make a fruit smoothie: In a blender blend orange juice, banana, pineapple, and berries or any fruits that taste good together.
- Try soup for a snack. Keep several dried soup mixes at work for snacks or emergency meals.
- 1/2 cup instant sugar-free vanilla pudding with 1/2 cup sliced strawberries.

Could You Have Diabetes and Not Know It?



Take the Test. Know the Score.

Sixteen million Americans have diabetes – and millions of them don't even know it! Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Hispanics/Latinos, and American Indians. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

To find out if you are at risk, write in the points next to each statement that is *true* for you. If a statement is *not true*, put a zero. Add your total score.

1. My weight is equal to or above that listed in the chart. **Yes 5** _____
2. I am under 65 years of age **and** I get little or no exercise during a usual day. **Yes 5** _____
3. I am between 45 and 64 years of age. **Yes 5** _____
4. I am 65 years old or older. **Yes 9** _____
5. I am a woman who has had a baby weighing more than nine pounds at birth. **Yes 1** _____
6. I have a sister or a brother with diabetes. **Yes 1** _____
7. I have a parent with diabetes. **Yes 1** _____

TOTAL

Scoring 3-9 points

You are probably at low risk for having diabetes **now**. But don't just forget about it—especially if you are Hispanic, African American, American Indian, Asian American, or Pacific Islander. You may be at higher risk in the future. New guidelines recommend everyone age 45 and over should consider being tested for the disease every three years. However, people at high risk should consider being tested at a younger age.

Scoring 10 or more points

You are at high risk for having diabetes. Only a doctor can determine if you have diabetes. See a doctor soon and find out for sure.

At-Risk Weight Chart

Height	Weight
feet/inches without shoes	pounds without clothing
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

If you weigh the same or more than the amount listed for your height, you may be at risk for diabetes. This chart is based on a measure called the Body Mass Index (BMI). The chart shows unhealthy weights for men and women age 35 or older at the listed heights. At-risk weights are lower for individuals under age 35.

Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart attacks, strokes, kidney failure, and amputations. It kills more than 187,000 people each year.

Some people with diabetes have symptoms. If you have any of the following symptoms, contact your doctor:

extreme thirst • frequent urination • unexplained weight loss

For more information on diabetes, call the American Diabetes Association at **1-800-DIABETES (1-800-342-2383)**